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Tuesday, March 1, 2016 metro.us | t: MetroPhilly | f: MetroPhilly

TALE OF TWO REBUILDS

Glen Macnow says one local team has a better strategy. 22-23

Fighting food insecurity in Brewerytown. 6-7

How single women are making history. 16

TROTTING AROUND DOWNTOWN

The Harlem Globetrotters are marking their 90th anniversary and they're celebrating in the City of Brotherly Love. 4

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PASSED CITIZEN TEST

1 The older of the two brothers behind the 2013 Boston Marathon bombing passed a test to become a U.S. citizen three months before the attack, the Boston Globe reported. Tamerlan Tsarnaev, a 26-year-old ethnic Chechen who had immigrated to the U.S. from Russia a decade before the attack, had correctly answered questions about American history and demonstrated proficiency in English. But the U.S. immigration officer did not immediately approve Tsarnaev's citizenship application. REUTERS

TRUCE DEAL IN JEOPARDY

2 A senior official from Syria's main opposition group said on Monday that a fragile international attempt to halt nearly five years of fighting was in danger of total collapse because of attacks by government forces. The cessation of hostilities drawn up by Washington and Moscow faced "complete nullification" because Syrian government attacks were violating the agreement, the official of the Saudi-backed opposition High Negotiations Committee said. France said there were reports of attacks on opposition forces in breach of the deal. REUTERS

LAUNCH CANCELED

3 At the last second, Elon Musk's SpaceX scrubbed plans to launch a Falcon 9 rocket on Sunday, again delaying an attempt to put an satellite into orbit and then land the vehicle's first stage intact on a sea platform, a step that may eventually slash costs. The 23-story rocket, carrying a communications satellite for Luxembourg-based SES SA, was less than two minutes from blast-off at 6:47 p.m. when the launch team aborted the countdowns. REUTERS

JOINT MILITARY EXERCISE

7 Senegalese Chief of Staff Mamadou Sow awards U.S General Donald C. Bolduc with the officer decoration of the National Order of the Lion during the closing ceremony of the three-week joint military exercise between African, U.S. and European troops, known as Flintlock, on Monday. Some 1,700 members of the special forces from nearly 30 countries from Africa, America and Europe, including France and Britain, were taking part in military exercises from Feb. 8-29, according to AFRICOM, the military command of the USA for Africa.

ALL PHOTOS BY GETTY IMAGES

FIRE MOM PLEADS GUILTY

4 The mother accused of setting her newborn on fire more than a year ago has accepted a plea deal to a lesser charge, Philly.com reported. 23-year-old Hyphernkemberly Dorvilier of Pemberton Township, New Jersey, now faces a sentence of 30 years in prison. She will be sentenced on April 22. The tragic incident occurred over a year ago on Jan. 16, 2015, when Dorvilier, who reportedly hid her pregnancy from her mother and sister, took her newborn out to a street and set her on fire. MATT LEE

JUDGE TO RULE ON CRUZ

5 A New York judge will hear arguments on Tuesday in a lawsuit that challenges Ted Cruz's ability to run for president given that he was born in Canada. State Supreme Court Justice David Weinstein will hear the claim of two men who contend that Cruz is not a citizen of the U.S. and is therefore ineligible to run for president. Cruz was born in Alberta, Canada. Barry Korman and William Gallo will argue that despite Cruz's mother being an American, the senator is not a citizen because such status cannot be passed from parent to child. JASON NUCKOLLS

SHOOTING INJURES TEENS

6 Police are investigating a shooting in Philadelphia's Gray's Ferry section that left two teenage boys injured, CBS Philly reported. The incident reportedly happened around 5:45 p.m. on Sunday near the intersection of 31st Street and Tasker Avenue. A surveillance video shows the two victims standing outside when a car turns the corner and opens fire. "Police say a 15-year-old was shot in the abdomen and right foot. He was rushed to Children's Hospital of Philadelphia where he is listed in critical condition," ABC Philly reported. MATT LEE

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Globetrotters dribble into City Hall

"Hawk" and "El Gato" taught Mayor Jim Kenney a few tricks Monday.

JENNY DEHUFF
@MetroPhilly
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Harlem Globetrotters' "Hawk" and "El Gato" dribbled a Nerf basketball into Mayor Jim Kenney's City Hall office Monday afternoon and presented him with an original throwback jersey, in recognition of the team's 90th anniversary season.

The Globetrotters are in town to celebrate 90 years of sportsmanship and service to millions of people in displaying their dunks, trick shots and memorable ball moves during a world tour that now brings them to Philly.

While they were at it, the Globetrotters taught the mayor a few basketball tricks, which included spinning the ball on the tip of Kenney's index finger and bouncing off of his backside — all of which made for great hoopla and fanfare for cameras on the day Kenney had a Police Athletic League (PAL) student tagging along with him.

The Globetrotters will be at Temple University's Liacouras Center on Friday and the Wells Fargo Center on Sunday, and they make several more stops in town before heading to Atlantic City later in March.

"We're celebrating our 90th year, so, we brought back our retro jersey, and we want you to have it," Hawk said to Kenney, who graciously accepted.

There are some who think the Harlem Globetrotters are just about tricks and making a mockery of basketball, Hawk said, though he doesn't believe that to be the case.

"We've been all over the world playing basketball," Hawk told Metro. "For us, we love what we do. We get to spread joy and hope to kids who may not have the opportunity to really see their dreams come true. Everyone has their own story how they became a Harlem Globetrotter. It's not all about tricks and games — you have to be an athlete. I can do just about anything you can imagine in the air with the ball."

Rahmir Dyson, chief officer PAL student; Ziara Singleton, Mayor Kenney's PAL student for the day (he introduced her as mayor to the Harlem Globetrotters); Mayor Kenney; with Harlem Globetrotters Hawk and El Gato HUGH E DILLON

The mayor was a good sport. He attempted every trick Hawk dared him.

"They're top-flight athletes who do great work in the community. More importantly, they bring great joy to people," Kenney said of the performers.

"The NBA is a product which has always brought joy, but these guys bring joy wherever they play. That's what they're all about, and we're all about giving kids great role models to look up to in sports, which isn't always the case."

Born and raised in Puerto Rico, El Gato said he would venture 2 miles from his home just to shoot hoops. He said he asked his father one day for a shortcut to the court, and his dad told him to cut through the nearby sugar cane field.

"I don't know if anybody has seen sugar cane, but it's taller than me, and it's kind of spooky in there," he smiled.

El Gato shared the origin of his nickname, which translates to "the Cat," in Spanish.

"I go down after school, I drop some ham [from a sandwich], and next thing I know there are four cats following me all the way to the basketball court. That's how my friends started calling me El Gato," he said.

The world-famous team will play 10 games in the area from March 4 through 12 and have players in Philly for goodwill visits during that time.

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First case of Zika virus reported in Philadelphia

The first case of Zika virus in Philadelphia has been reported.

The case comes from a 60-year-old woman who recently returned from the Caribbean, according to health officials. She will not be hospitalized.

Zika is spread by mosquito bites, therefore only those who travel to places that have outbreaks are at risk for contracting the disease, PhillyVoice explained.

"If you live in Philadelphia and you're not going to travel to any of these areas, there's really no risk," Dr. Kathleen Squires, director of Thomas Jefferson University Hospital's Division of Infectious Diseases explained to PhillyVoice. "Right now, we're in the middle of winter and mosquitoes aren't around."

Mosquitoes transmit the virus to humans. GETTY IMAGES

But Squires noted that the the threat of mosquito bites increases in the summer.

World Health Organization (WHO) figures show that active Zika outbreaks have been reported in around 40 countries or territories since the start of 2015, with three quarters of them in the Americas.

The Zika infection itself produces none or only mild symptoms in many cases, but scientists are trying to establish whether it causes microcephaly in babies, a condition in which infants are born with unusually small heads and can suffer developmental problems.

Zika also has been associated with Guillain-Barré syndrome, a rare disorder in which the body's immune system attacks part of the nervous system.

There is no treatment or vaccine for Zika infection, and the WHO has said it will take at least 18 months to start large-scale clinical trials of preventive shots.

Those with questions about Zika may call the Philadelphia Department of Public Health's Division of Disease Control at 215-685-6740.

MATTHEW LEE AND REUTERS

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Tommy Joshua MARIA YOUNG

Urban farmer-activist

After fighting the Housing Authority for land to grow crops, a local activist has big dreams.

SAM NEWHOUSE
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Walking through Philly just north of West Girard Avenue, it's hard to not feel discouraged. On Girard Avenue and below, the neighborhood known as Brewerytown is rapidly gentrifying with new restaurants and homes going up. But on the other side of the trolley tracks closer to Sharswood and Strawberry Mansion, sagging and decaying properties line many blocks, while vacant land is covered in garbage.

Walking through the neighborhood, Tommy Joshua doesn't seem discouraged at all.

"I'm the product of this decayed neighborhood," Joshua, 36, said cheerfully. He spent his childhood in the area and still recalls how he and other kids turned "a desolate urban environment into fun" with games like "chase the trash."

Now, Joshua, a longtime activist who has been involved in the Black Lives Matter and Occupy movements, is concentrating his efforts on renewal through urban farming at the second location of the North Philly Peace Park, a community garden and educational space that he and others set up four years ago.

After they cleared a vacant lot across from the old Blumberg-Sharswood housing project towers, they started growing crops that they gave away to neighbors — everything from okra and bok choy to collard greens, carrots, broccoli, sage, apples and spinach, Joshua recalled.

But things at the park came to a halt in December 2014 when the Philadelphia Housing Authority (PHA) sought to reclaim the land, which it owned, to begin preparing to build new homes there.

In April 2015, Joshua and what he called the "ragtag group of educators, farmers and revolutionaries" who rallied around the garden were fenced out from their original park — and eventually negotiated a move to a new, smaller patch of green space on the other side of the towers at 22nd and Jefferson streets.

The PHA, which broke ground on construction of 57 new units on the land where the original Peace Park stood last August, is still in negotiations with Peace Park members over their use of the new land, a spokeswoman said.

But Joshua sees the Peace Park as something much, much bigger: It's a prelude of sorts to working to raise North Philly out of poverty.

"Peace Park is the first exhibit," he said.

Joshua, who works as an educator, said as a young person he recalled living in a "subpar environment that did not match up with the extraordinary and superb character, intentions and aspirations of the people. He described "filthy, hazardous land" as a "big middle finger to the people."

"We wanted to see a better neighborhood. We wanted to stem the genocide that's being waged largely through food," Joshua said.

How does that happen? Well, for starters, according to Joshua, by reclaiming the vacant and unused garbage-filled lots that are everywhere in North Philly, by cleaning them and turning them into pieces of

"We wanted to see a better neighborhood. We wanted to stem the genocide that's being waged largely through food."

Joshua

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wants N. Philly to bloom

From left: Kylonda Sanders, Levi Joynes, Rick Ross and Tommy Joshua carry a greenhouse structure from 24th and Bolten to the North Philly Peace Park.

North Philly Peace Park

An earthship stands abandoned at 24th and Bolten.

IMAGES BY MICHELLE GUSTAFSON

fertile land that can grow food to fulfill the needs of people living in a food desert.

Another founding member of the Peace Park, Levi Joynes, said "food security" is the driving force.

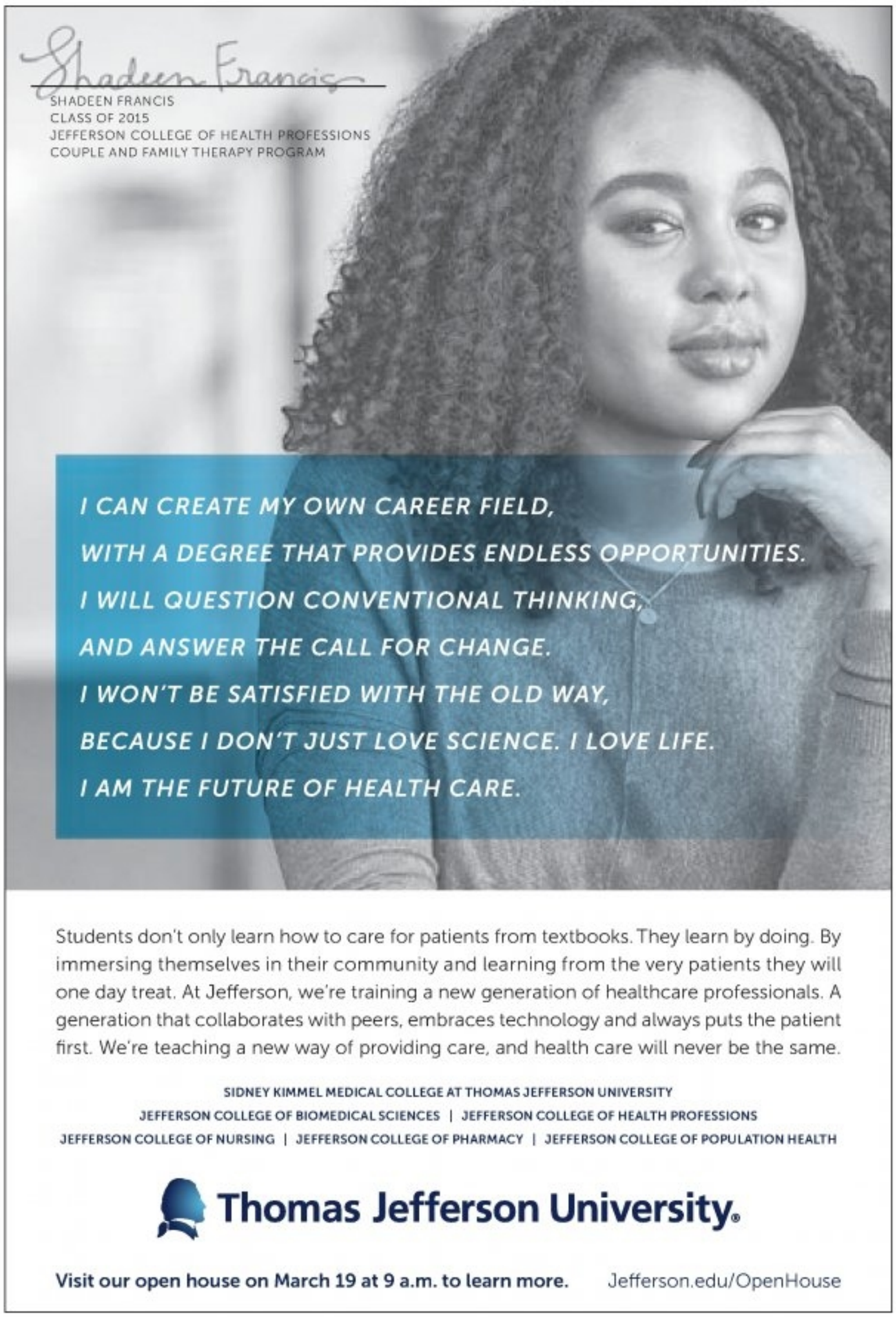
"Self-sufficiency and preservation of the community — people having food security and the things they need without being in want — is a major part of why I do this work," Joynes said. "If you have a beautiful space and you have beautiful things going on, children, families have a sense of camaraderie now. … It instills pride."

With spring around the corner, Peace Park volunteers started setting up a greenhouse at the new park last weekend. Joshua is full of plans for the season, talking about how one 40-foot trailer provide 4 acres of growing space — four times what the old Peace Park had — and could be used for crops year-round.

Could this type of urban farm be replicated on other vacant lots in the city? Can other communities find the energy to clean up and reclaim land and turn it into sources of food and education for the young people?

Joshua believes so.

"My job as a leader is to create those conditions. Block by block, heart by heart."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Kenney soda tax pitch: Three cents per ounce

That can of Coke might cost a bit more in the coming days.

Mayor Jim Kenney spoke out to clarify rumors about a soda tax proposal, confirming he will seek a 3 cent-per-ounce tax on sugary drinks, the Inquirer reported.

Kenney will pitch the tax in his budget speech Thursday. He believes 3 cents an ounce would generate $400 million in tax revenue for the city over the next five years.

If limited to city residents, that means 1.5 million Philadelphians guzzling 13.3 billion ounces of sugary beverages during that time — or about 1 billion cans of Coke, at 740 cans a person.

Kenney told the Inquirer the projected tax revenue from a soda tax would be split, with $256 million for universal pre-K; $56 million for Kenney's $300 million plan for parks, rec centers and libraries; $26 million for city pensions; $23 million for a green jobs plan proposed by Council President Darrell Clarke; and $39 million into creating "community schools," another project strongly favored by Clarke.

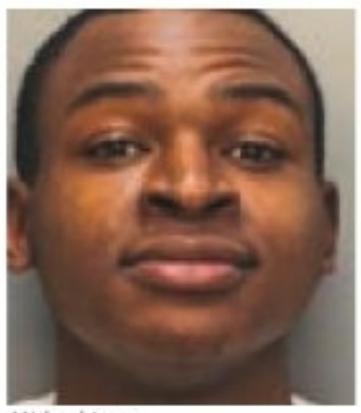
Customers would not pay the soda tax, but distributors would and could potentially increase in-store prices to make up for lost profits. As a councilman, Kenney also opposed efforts to bring a soda tax to Philly pitched by Mayor Michael Nutter.

In response to Kenney's proposal, the American Beverage Association said the tax "is an old idea that has been rejected in the past for good reason. Philadelphians have been burdened year after year with tax increases and a new tax on soda would just be another tax on hard-working Philadelphia residents and neighborhood businesses."

SAM NEWHOUSE

Syheed Wilson PPD

Kierston Carroll



Michael Jones

Trio arrested in botched robbery of South Philly cabbie

Assault charges for two men and one woman in early Feb. attack at gunpoint.

SAM NEWHOUSE
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Two men and one woman have been charged with causing a cab driver to crash his car while they were attempting to rob him at gunpoint.

Syheed Wilson, 19, Michael Jones, 19, and Kierston Carroll, 19, were charged with participating in the attempted robbery after police identified them using surveillance video from the Tasker/Morris SEPTA station, police said Monday.

The attempted robbery occurred on Feb. 6 around 3:15 a.m.

The trio hailed a cab near the SEPTA station and asked for a ride to 28th and Tasker streets. Once arrived, one male in the front seat pulled out a gun, pointed it at the driver and demanded "Give me all the money you got," while a male suspect in the rear seat with the female suspect also pointed a gun at the driver.

Both men then fired, striking the driver once in the shoulder. The driver continued driving with the suspects in the car until he crashed at 24th and Morris streets.

The driver fled the car and sought a police officer, police reports at the time stated. The suspect in the front seat fled the car, while the male and female suspects were trapped in the back of the car kicking, banging and screaming for someone to let them out police said.

An unknown person opened the car doors and let those two suspects out, at which point they fled.

Nothing was taken during the incident. The driver was in stable condition after being treated for the gunshot wound, according to authorities.

Wilson and Carroll were arrested on Feb. 23 after police identified them. Jones was arrested on Feb. 27.

All three suspects are charged with aggravated assault and robbery.

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Navy SEAL who rescued American hostage is awarded Medal of Honor

Edward Byers, 36, was the sixth Navy SEAL to receive the Medal of Honor.

President Barack Obama on Monday awarded the country's highest honor for valor to Navy SEAL Edward Byers, who used his body to shield an American hostage from gunfire during a rescue operation in Afghanistan.

Byers, 36, was the sixth Navy SEAL to receive the Medal of Honor and 11th living service member to be awarded the honor for actions in Afghanistan.

Obama said the White House ceremony for Byers offered a rare public opportunity to acknowledge the work of the military's special operations forces, who often serve in the shadows.

"We may not always hear of their success, but they are there in thick of the fight, in the dark of night, achieving their mission," Obama said. "We sleep more peacefully in our beds tonight, because patriots like these stand ready to answer our nation's call and protect our way of life, now and forever."

Byers, who joined the Navy in 1998 and has been deployed overseas 11 times, was honored for his actions during a December 2012 mission to rescue Dilip Joseph, an American doctor taken hostage in Afghanistan.

Held in a remote valley, in a small single-room building surrounded by

Edward Byers Jr. GETTY IMAGES

the Taliban, Joseph had been told by his captors the Americans were not coming for him.

"Well, they were wrong," Obama said.

Byers and his team moved under the cover of darkness to the building where Joseph was held, but were spotted by a guard when they were about 25 meters (yards) away, according to an account on the Navy's website.

The SEALs rushed to the doorway and Byers ripped down the six layers of blankets that covered the entryway. Another member of Byers' SEAL team, Chief Petty Officer Nicolas Checque, entered the building and was immediately shot. Checque later died from his wound.

When Byers entered the building, he engaged in hand-to-hand combat with one guard, then flung his body on top of Joseph to shield him from the firefight in the room.

While shielding Joseph, Byers fought with another guard and was able to pin him to the wall. REUTERS

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SUPER TUESDAY TUMULT

Usually, Friday is hands-down the most important day (happy hour hot wings, anyone?) but this week, Tuesday takes the title. That is when, for the Democrats, 11 states plus American Samoa, and for the Republicans, 13 states will make their choices for the party nominees. It's called Super Tuesday, and it dominates my three things you must watch this week in politics.

1. SEC SHELLACKING? For a while it looked like Hillary Clinton had learned nothing from her 2008 drubbing at the hands of Barack Obama. Once again an apparent long shot candidate was making her seem not inevitable — but entirely beatable. In South Carolina, however, she proved she has juice with African-American voters and today could spell doom for Bernie Sanders. Sure, he could do well in places like Colorado, but an awful lot of delegates will be determined by Alabama, Georgia, Arkansas and other Southern strongholds.

TOM FOREMAN

Opinion

CNN's Tom Foreman is the author of the new book "My Year of Running Dangerously."

Watch to see if Sanders can somehow beat the polls and keep the race competitive — or if he starts looking like a guy ready to head home.

2. LAST HAND? On the GOP side, only one thing matters: Can anyone grab enough delegates to derail Donald Trump? The New York billionaire heads into today with a big lead, and seemingly every card coming up an ace. If he lays down another hot hand today, a few more of the remaining Republican contenders could fold. That will raise hopes in some camps that finally the base will coalesce against Trump — um, but I wouldn't bet on it.

3. WHO'S GOT THE MO? So let's say by Wednesday morning we pretty much know whom the nominees will be. If that is the case, watch the race pivot fast to the single most important question: What kind of enthusiasm is greeting each party's chosen candidate? To put it more simply: If Trump is the guy, and he once again draws massive numbers of new voters today (as he has so far) brace yourself for what could be a wildly unpredictable charge to the general election finish line.

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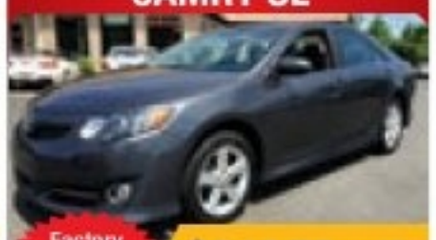
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Sam Smith riles the gay Hollywood establishment

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Newly minted Oscar winner Sam Smith probably meant no harm with his acceptance speech for the Bond track "The Writing's on the Wall," but it's still not sitting well with other gay Hollywood power players. While accepting his award, Smith said, "I read an article a few months ago by Sir Ian McKellen, and he said no openly gay man had ever won an Oscar. If this is the case — even if it isn't the case — I want to dedicate this to the LGBT community all around the world." Here's the thing: That definitely wasn't the case. McKellen's comments were specifically about the Best Actor category, which no openly gay man has won. Plenty of openly gay men have won other Oscars. Including Dustin Lance Black, who won for writing the script for "Milk" and is engaged to Olympic diver Tom Daley — and who isn't too happy with Smith: "Hey Sam Smith," Black tweeted, "if you have no idea who I am, it may be time to stop texting my fiancé." Oh, damn. That's rough.

Mike Tyson gossips about Brad Pitt and Robin Givens

It's never too late to spill some secrets on famous exes, right? At least that's what a mildly embarrassed Mike Tyson assumed when he stopped by to visit the ladies of "The Real" and unloaded an anecdote about the first time he met Brad Pitt — because Pitt was coming home to get busy with Tyson's soon-to-be ex-wife, Robin Givens. Awkward, no? "I didn't really catch them in the act. Maybe right before the act," Tyson offers. "I was driving, and before going to my divorce lawyer I decided to go by the house that we lived in and get a rump session before I went to my lawyer. Everybody does that before they get divorced." They do? Learn something new every day. Anyway: "When I saw her car coming I thought it was her and one of her girlfriends from the show, but it's not. It's a guy. And then I got mad — and of course I'm jealous at that time. A little bit now," he remembers. But a pot-smoking — at least according to Tyson — Pitt quickly set him at ease. As Tyson remembers, Pitt was all, "'Hey, dude.' We met each other, and that was my first engagement with him. He was a really nice guy." Well, that de-escalated quickly.

Leo's Oscar date? His trusty vape pen

It was pretty much a given that after finally getting his Oscar, Leonardo DiCaprio was going to be wrapping his lips around something in celebration. And it turned out to be his trusty vape pen. The "Revenant" star was spotted puffing up a storm at a party hosted at Ago restaurant in L.A. following the awards, according to TMZ. But he carefully pocketed it before heading outside to face the paparazzi. Luckily he had some other accessories to distract him. When DiCaprio and his posse departed the restaurant, someone rushed out to the SUV to bring him both an Evian bottle filled with suspiciously un-water-like liquid and his Oscar statue, which had been left inside. That was close.

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Someone yesterday said I reminded them of @TheRealDonaldTrump. I said, "that's great, but I'm not running for office."

Amy Winehouse's dad miffed at 'Amy' director

Amy Winehouse documentary "Amy" won an Oscar, and the late singer's dad is not happy about it. "Amy will not get an Oscar though. Just [director] Asif Kapadia," Mitch Winehouse wrote in a Twitter post. "That is what this is all about: Asif. He's fooled everybody. I am not changing my stance just because film won Oscar. It's a negative, spiteful and misleading portrayal of Amy. We will fix this." And by fix this, he likely means his plans for a rival doc: "We're going to invite everyone that's spoken on the other film and we're not going to edit it, like they've edited me," he said last summer during an interview on the British talk show "Loose Women."

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How single women are shaping the election

Plus, how the rise of independent women is affecting men.

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

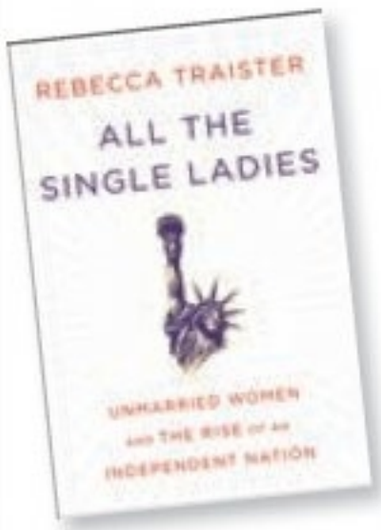
When Rebecca Traister began writing "All The Single Ladies" (out today) five years ago, it marked the first time that single women outnumbered married women in America. Today, only 20 percent of Americans are married by age 29. "Whenever you find increasing numbers of single women, you find change," Traister wrote in last week's New York magazine cover story. We call her up to see exactly what political issues single women are shaping this election year.

What political issues are single women shaping? Are they just "women's issues" or do they affect men as well?

They are certainly not just women's issues. Women may be living independently from marriage, but they are not living independently from men. One of the things that's happened is women are being co-earners. Men are slowly becoming co-parents. [Political issues] like paid parental leave, child care, a higher minimum wage – all of this impacts women as well as men.

Do you see differences in the political issues that single women are championing across race and income level?

Of course. The majority of minimum wage workers are female and a huge percentage of them are single mothers. Raising the minimum wage and increasing welfare benefits would have an impact on low-income strata. Subsidized affordable day care and age 0 to 5 education would have a dramatic impact for the lower-income community. People without economic advantages have to look to government and need a social network that can permit them to live freely and to reproduce and to work with no penalty simply because they are female and not wealthy.



What about if a woman is single by choice or by not? Are they still lobbying for the same things?

One of the interesting things is that regardless of your own personal status, a lot of the social policies would benefit all women. There's a great example of this with reproductive technology like [in vitro fertilization]. IVF was developed to serve a married population having fertility problems. But it has gone on to benefit women who have children on their own, or marry in their 30s and 40s. Paid leave is another example. Would it disproportionately alter the life of a single mother who can't afford child care? Yes, but would it also benefit the high-earning woman who is married? Yes. It would benefit the married father who could apply it to his own career and stay home with his kid, too.

How else is the rise of single women affecting men?

The book is not so much about suggesting that unmarried life is better than married life. It's more about what happens when you remove the constricting model of one way to live adult life, starting with an early [heterosexual] marriage. That has depressed women's opportunities economically, sexually, socially and domestically more than it has for men. But it hasn't necessarily been the right fit for men either. Being hustled by society into a lifelong partnership with the person you like when you are 22 isn't something that has always been emotionally rewarding for women or men. I think it's great for men.

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A case for Neko Case

JASON CREPS

The venerable artist discusses her career-spanning box set.

MARGARET H. WILLISON
letters@metro.us

Neko Case needs no introduction. The 45-year-old musician's career is one to marvel at: lending her vocals to the beloved Canadian indie rockers The New Pornographers; spanning genres, from country to experimental, as a multi-decade solo artist. Case released "Truckdriver, Gladiator, Mule," an eight-record catalog of her solo work from ANTI Records in late November. She chats how the set came to be and how she's grown as an artist — oh, and that time she guest starred on "Aqua Teen Hunger Force."

What does it feel like to be a musician with a career long enough to justify a retrospective box set?

It feels pretty surreal. Apparently, people don't usually do this until like, they die. People keep being like, "Why did you do that?" and I'm like, "Because I didn't know I couldn't do that, basically." It only spans my own solo career, so there are all kinds of other stuff I'm working on getting together for later.

One aspect of releasing this box set is spending time with recordings from very early in your career. Are there any

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Neko Case looks back on her impressive career. DENNIS KLEIMAN

songs from that early period that you're especially excited to revisit?
It was really nice to go back and revisit things off "The Virginian," because at that point in my musical career, I'd played in a lot of bands and stuff but I didn't know a lot about music. So I didn't know things like, if there's a song that's a little out of your range, you can actually change the key. So songs like "Duchess," for example, is in a key I could not really sing in, which is kind of ridiculous. Now that I'm playing it live, I can change it into a key I can actually sing.

That must be really satisfying.
Yes and it's embarrassing, but it's one of those things where you've just got to own it. I realized I was pretty much learning in front of my audience and I'm OK with that. If you don't care, and you're brave enough to [share] recordings from before you knew everything can be fun.

A lot of your songs depict you as kind of a genderless force of unruliness. But, when your voice is used in other people's projects, it's often cast as hyper-feminine, like when you played a siren on "Aqua Teen Hunger Force." What is it like having this dichotomy in how you understand yourself and the response your voice produces in others? How does that inform your writing?
Well, sometimes I write songs from the perspective of characters. In fact, that's what I usually do; they're usually kind of stories. And, if they're about me, they're generally kind of genderless or at least gender-slippery. For "Aqua Teen Hunger Force," I was just going to do whatever they said. They could have told me to be a paramecium and I would have been like "Yeah! Let's do it!"

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How a junk food vegan fought food addiction and won

It wasn't until activist Jasmin Singer's life was in jeopardy and she was forced to change her eating habits that she discovered who she really was.

EMILY LAURENCE
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When activist Jasmin Singer became a vegan when at 24, it wasn't because she was joining a trendy food craze, like going gluten-free or giving up carbs. To her, it was a stand against the way animals were treated, solely for human consumption. "I consider eating a deeply personal, political act," she says. "For me, veganism was an extension of my worldview, not my personal preference."

Becoming a junk food vegan

As she shares — sometimes brutally and blatantly — in her memoir "Always Too Much And Never Enough," Singer was emotionally abused by bullies as a child and young adult, and she used food to comfort herself to the point where she says she was addicted. Going vegan didn't change that. "I ate a lot of processed food and rarely ate a vegetable," she says.

"It wasn't until I was 30 and my doctor told me I was on my way to heart disease that I started to realize I couldn't effectively advocate for animals or anyone else if I wasn't advocating for myself," she says. After this realization, Singer totally changed her eating habits, giving up processed food and eating lots of fruits and veggies. As a result, she lost 100 pounds.

Breaking free

For the first time, Singer couldn't turn to junk food to comfort herself. "Only when I was able to have this break from thinking about food was I able to look at the reasons why I felt so compelled to eat row after row of Oreos — which are vegan by the way," Singer says. "I realized there were a lot of aspects of my life I was suppressing that needed to come out." Feeling freed, Singer fully embraced her sexuality as a queer woman, and let go of the way a lifetime of bullying had held her back.

But it's not always easy. Singer says in times of stress, it's still tempting for her to turn to food, but she is now able to recognize how she's feeling and direct her energy elsewhere — namely to her advocacy for animal rights.

But to Singer, her road to self-discovery is about much more than her veganism. "My book is not a book about how to be vegan or even how to lose weight," she says. "It's for people who are interested in emboldening themselves and becoming better versions of who they are."

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The 'mood' workout

The Nalini Method creator Rupa Mehta tells us how transforming your mind can also transform your body.

EMILY LAURENCE
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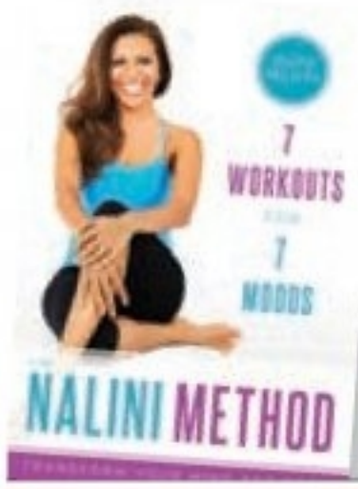
The Nalini Method creator and author of "7 Workouts For 7 Moods," Rupa Mehta. KAITLIN DALEX

For most people, hitting the gym or heading to a yoga class is mostly about the physical benefits. But 17-year fitness instructor Rupa Mehta has created a whole workout that helps makeover your mind as well as your body.

"There's a mind-body connection," she says. "We carry emotional weight as well as physical weight." Mehta explains that it's easy to get obsessed with physical weight, but people often ignore the words and thoughts they digest that can weigh on your mind. It's why she wrote "7 Workouts For 7 Moods." We get the lowdown from her here.



Mind

"I can't tell you how many times I hear people say, 'I'm too pissed to work out,'" she says. "Your mood really affects your workout." Mehta created seven different workouts for seven different moods to help people channel their emotions during their workout to give the body and mind something beneficial. You can literally work through your problems and find solutions while you work out.

Each workout, outlined in her book, has a different mantra to keep in mind throughout the duration. For the "doubt workout," for example, the mantra is, "No one can take away your happiness." For the "anger workout," the mantra is, "The solution is born before the problem." "It forces people to see that they are their own teacher and they can motivate themselves," Mehta says.

Body

The workouts themselves are a mix of yoga, Pilates, strength-training and barre moves, timed to be 25-minutes and structured to be something you can do anywhere, without any extra equipment. It's essentially a mood-reflecting flow. "The 'happiness workout' is bouncy and also gives you the meditative space to say 'thank you,'" Mehta explains.

The "anger workout" is designed to get your adrenaline going and channel your energy, and get rid of all that heavy emotional weight, something Mehta says can be even more effective than getting your frustration out through something like boxing. "Boxing is awesome, but while you might get the adrenaline out, you aren't focused on finding solutions and [emotionally] connecting," she says.

"Going deeper in the mind-body connection is really owning the mood and by owning it, you become emotionally lighter."

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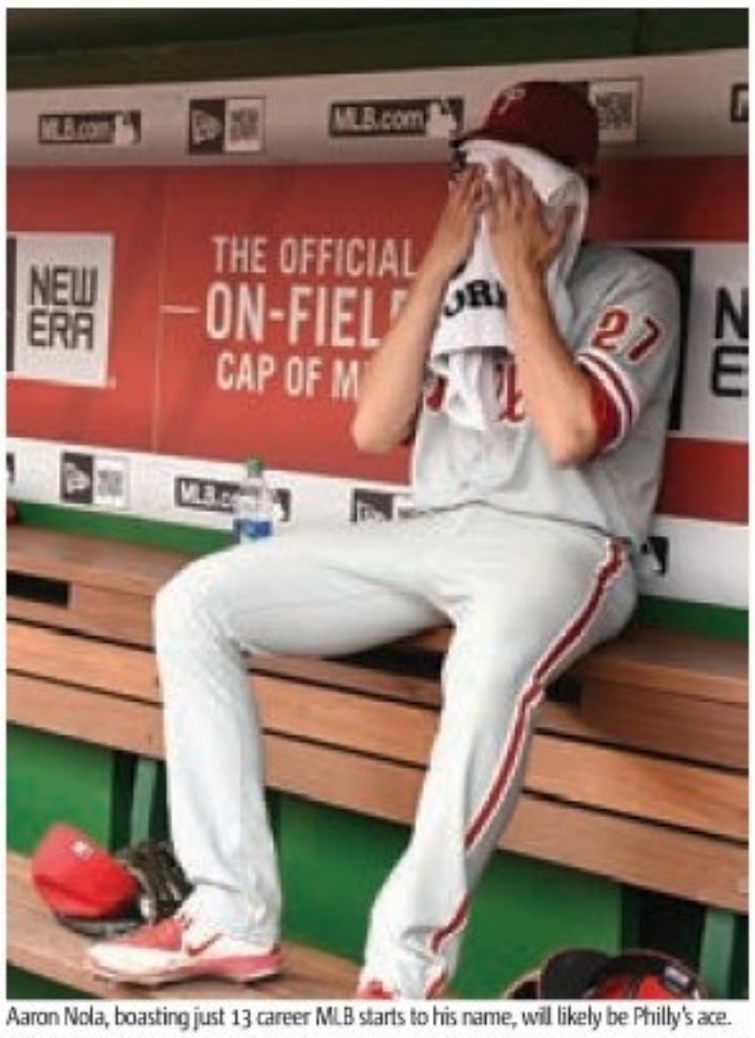

Aaron Nola, boasting just 13 career MLB starts to his name, will likely be Philly's ace.

GLEN MACNOW

OPINION

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.
@realglenmacnow

The Phillies made no effort this off season to pursue top-line free agents. They continued to trade valuable players, like closer Ken Giles, for promising but unproven kids — let's call them "assets." They'll enter April with 350-1 odds to win the World Series. A young analytics-based GM drives the bus.

Sound familiar?

On its face, the Phils too-late-arriving rebuild seems modeled after the 76ers tankapalooza, now stumbling through its third season. Indeed, the few remaining Sixers loyalists strain to point out similarities. Hey, misery loves company.

But what's coming to Citizen's Bank Park bears little more than a surface resemblance to the dreck that stains the floor a few blocks away. Any rational fan can see why.

First, and most obviously, only one of the two teams is deliberately uncompetitive. Sam Hinkie's strategy is this: Lose as much as possible to gain the best odds in the NBA's draft lottery. That's why the Sixers have fallen — over the past four years — from 34 wins to 19 to 18 to 8. We're approaching a half-decade devoted to pingpong balls.

It's why we still get nights like Sunday in Orlando, when the dispirited Sixers gave up 77 points in the first half. Coach Brett Brown called his players' effort, "unacceptable and unprofessional." Not unusual, however. Brown's charges have now given up an average of 120 points in their last six games — all losses.

The Phils will lose — perhaps close to the 99 games they dropped last year. But losing, finishing last, is never the goal. In part, this is because of the nature of the two sports: Most years the payoff of the top pick in MLB isn't as grand as it is in the NBA. Consider, just one top overall pick since 1965 (Ken Griffey Jr.) has made baseball's Hall of Fame. By contrast, 11 NBA No. 1s since then are in Springfield, with Shaquille O'Neal, Allen Iverson, Tim Duncan and Lebron James guaranteed entry.

That elusive prize is why Hinkie never made an effort to improve beyond the draft (unless you want to call Nik Stauskas and his 38 percent shooting an improvement). It's why Hinkie entered 2015-16 with no viable point guard, cavalierly retarding the progress of the few viable players he had.

Only after NBA brass forced the 76ers to bring in Jerry Colangelo did help arrive in the form of Ish Smith. Now, Ish is no star, but at least he

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The Sixers have allowed 120 or more points in four of their last six games since the All-Star break, all losses. ALL PHOTOS GETTY IMAGES

can put the ball into the hands of Jahlil Okafor and Nerlens Noel about seven times a game.

The Phils' equivalent of such negligence would have been coming north without a rotation beyond youngsters Aaron Nola and Jerad Eickhoff. Give GM Matt Klentak credit for adding competent veterans Jeremy Hellickson and Charlie Morton, along with getting two Major League-ready starters (Vincent Velasquez and Brett Oberholtzer) in the Giles trade. Klentak also signed slick-fielding centerfielder Peter Bourjos to protect his young hurlers on fly balls to the gap.

There's another key difference. The Phils' don't plan to stay lousy for as long as it takes to strike gold. Hinkie — until ownership tells him no — will keep nudging the process further down the road, as in, "Hey, let's swap Okafor for another lottery pick!"

The Phils must be patient with J.P. Crawford, Nick Williams and Jorge Alfaro. But they don't figure to trade them for other future promises. The goal is that each comes up and proves his worth.

It may not pan out. Prospects get injured, or fail to reach expectations. But it's a viable plan, far more realistic than tanking season after season in hopes that a lottery hopper belches out your lucky combination. And it's sure got more integrity.

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Hawks saw success come from nowhere

St. Joe's is having one of its best seasons ever — and nobody expected it.

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Whoever saw this coming, raise your hand.

Chances are — if they're being honest with themselves — not even Phil Martelli or his players would admit they could ever have imagined the St. Joseph's Hawks having this kind of season. Coming off a 13-18 year, SJU's third losing season in six years, with virtually the same team back, there was no reason to expect much.

So then explain how the Hawks 24-5, tied for first place in the Atlantic 10 and a virtual lock for an NCAA at large berth. While senior forward Isaiah Miles has suddenly come of age and star junior DeAndre Bembry only gets better, the rest of this team still seems rather ordinary.

Just don't tell that to their opponents.

"It's definitely a big change," said Miles, who leads the Hawks in scoring at 17.9 per game, after averaging just 10.7 last year. "The atmosphere's different from last year. ... There's just a different feel throughout the locker room and throughout the school."

If nobody noticed — mainly because of what Jay Wright's Villanova Wildcats are doing some 10 miles away on the Main Line — that's their loss.

"I personally don't care about any of the recognition," said Martelli, whose next win — which he hopes comes Wednesday in Rochester, New York, vs. St. Bonaventure — will be No. 400 in his 21-year career. "As long as those guys in the room — the players themselves — are enjoying the experience and are pleased with what they're doing but not satisfied. This is really a special group and we're having a special year, but they're giving it to each other."

"We're cool with not getting any recognition," Bembry said after a win Sunday, "but we're winning. I'm just happy a lot of guys who were on the team last year have when we were losing are now a part of winning. Here we are battling for first place in the Atlantic 10. It's just been a team effort."

The result has been Martelli's ninth 20-win season on Hawk Hill. The best known one was that memorable 30-2 2004 SJU squad — which briefly made it to No. 1 — with Jameer Nelson, Delonte West and Dwayne Jones, who all went on to the NBA. That's one difference Martelli sees between them and Nova.

"Here's what everybody has missed about Jay Wright," Martelli said. "Jay has done this for years without pros. That's phenomenal. I had three pros on that team and that was a national story. The fact they got to No. 1, I think of as a continuation of brilliant, brilliant basketball."

Speaking of brilliant basketball, even Martelli admits getting to 400 is worth commemorating.

"It will be pretty cool because 400 — with it being 25 wins this year — that combination is special," Martelli said. "I'll think a lot about my family and what they've sacrificed, but also what we've gotten.

"I'm not gonna say it's meaningless. It's not meaningless. It's a significant number."

Especially considering the unlikely way this season has played out for St. Joseph's. A season in which, to borrow from a certain rental car company, the Hawks may only be the No. 2 team in the city — but they try harder.

The Hawks could be a talented sleeper in the NCAA Tournament. GETTY IMAGES

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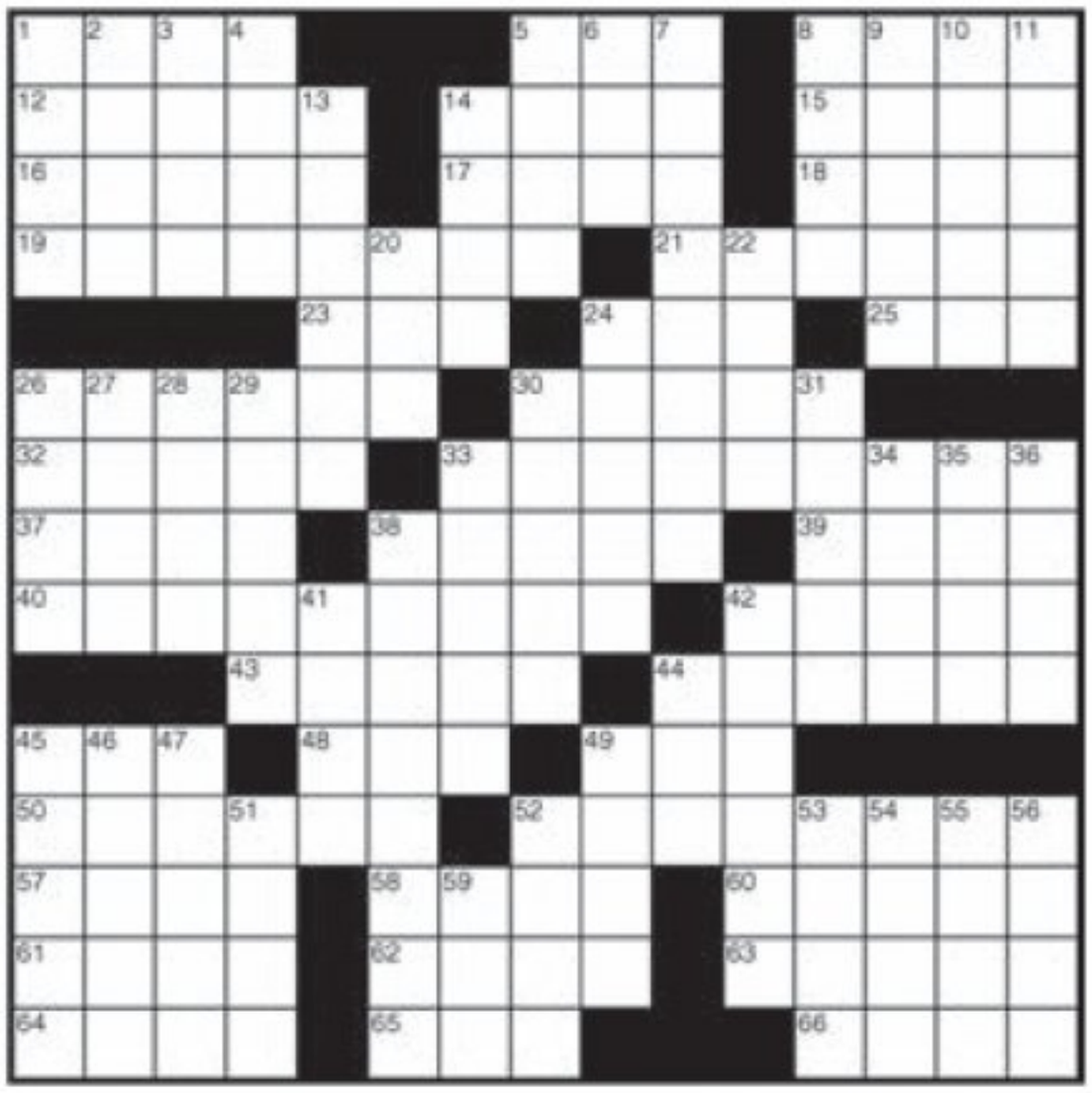

Across

1 Superman's alias
5 Back-fence yowler
8 Incite
12 NW state
14 "— Ha'i"
15 Comet — -Bopp
16 Kind of pool
17 Meadow browsers
18 Footnote abbr. (2 wds.)
19 Proxies (hyph.)
21 Discourse
23 Opposite of post-
24 Harper Valley org.
25 Travel on powder
26 Fuse unit
30 Put on the late show
32 Cool!
33 Kind of effort (hyph.)
37 Muscle-car dial
38 Planck's "thanks"
39 Ashram figure
40 Character
42 Better quality
43 Polygraph flunkers
44 Household funds
45 Ms. Gardner
48 Kid's ammo
49 Objective
50 Gauzy trap
52 Premature
57 Mme.'s daughter
58 NFL broadcaster
60 Undeliverable mail
61 Fifty-fifty
62 Scare the chickens
63 Persona non —
64 Prepare laundry
65 Half a score
66 Iowa college town

Down

1 Little foxes
2 Fix a manuscript
3 Zilch
4 Larger — life
5 Game marbles
6 Bullring yell
7 Say it wrong
8 Clarified butter
9 Singers Hall and —
10 "Wellaway!"
11 City in India
13 No newbie (2 wds.)
14 Nota —
20 Eur. country
22 Invoice stamp
24 Like a gnat
26 Debate side
27 Signify
28 What allies share
29 Merman or Waters
30 Carries on
31 Unyielding
33 Wildlife refuges
34 Wood-finishing oil
35 Subarctic tribe
36 Offended
38 Dullest
41 Jeer at
42 Hopping mad
44 Took the bait
45 Crowning points
46 Saab competitor
47 More up to it
49 Cato's year
51 Left
52 Hit — (discover)
53 Red giant in Cetus
54 Semester ender
55 Lo-cal
56 Team cheers
59 Seashell seller?

metro.us/games

metro.us/sudoku

easy

		3					9	6
			7	2				
9	5				8	4	1	
5		1	8				4	
		4				2		
	9				4	6		8
	1	9	6				3	4
				4	5			
4	7					8		

hard

					7	5		
			5				7	
	8		9					2
4			1	7		2	6	9
	2	6				1	3	
7	9	1		3	6			5
1					9		5	
	6				4			
		3	6					

metro.us/horoscopes

Aries Play by the rules in order to avoid interference. Use lessons learned from experience to help you cut through any red tape you face. Trust your judgment.

Taurus Don't let stubbornness stand in your way. A day trip will present an opportunity that will encourage you to use your skills diversely. Someone will disappoint you.

Gemini Strive to look at things from a unique perspective. Taking a different approach to relationship and whatever task you are handed will impress someone with clout.

Cancer You will be able to outsmart someone trying to horn in on your plans. Improve your life by initiating practical changes that will not result in debt.

Leo A change in partnerships or contractual arrangements will be to your benefit. Express your interest in helping the children or elders in your life in exchange for a small favor.

Virgo Initiate talks with people you feel can contribute to something you are trying to master or get up and running. Success will depend on the team you pull together.

Libra Check out an opportunity to delve into romance, adventure or travel. A positive suggestion to someone you love will bring about changes that will improve your life.

Scorpio Be cautious when discussing your domestic situation or making changes to it. You are best off having a foolproof plan in place before you try to sway someone.

Sagittarius Problems with friends and authority figures are prevalent. Stick to the truth and use your knowledge and charisma to convince others to see things your way.

Capricorn Don't donate, lend or borrow money or possessions, and be protective of your time as well. You must keep your emotions in check at all times.

Aquarius Make suggestions that will help solve any problem you face. Having a viable solution and being willing to compromise will help you bring about positive change.

Pisces Say little and learn a lot. It's in your best interest to gather information and make a careful and comprehensive assessment rather than make assumptions. **EUGENIA LAST**

Yesterday's answers

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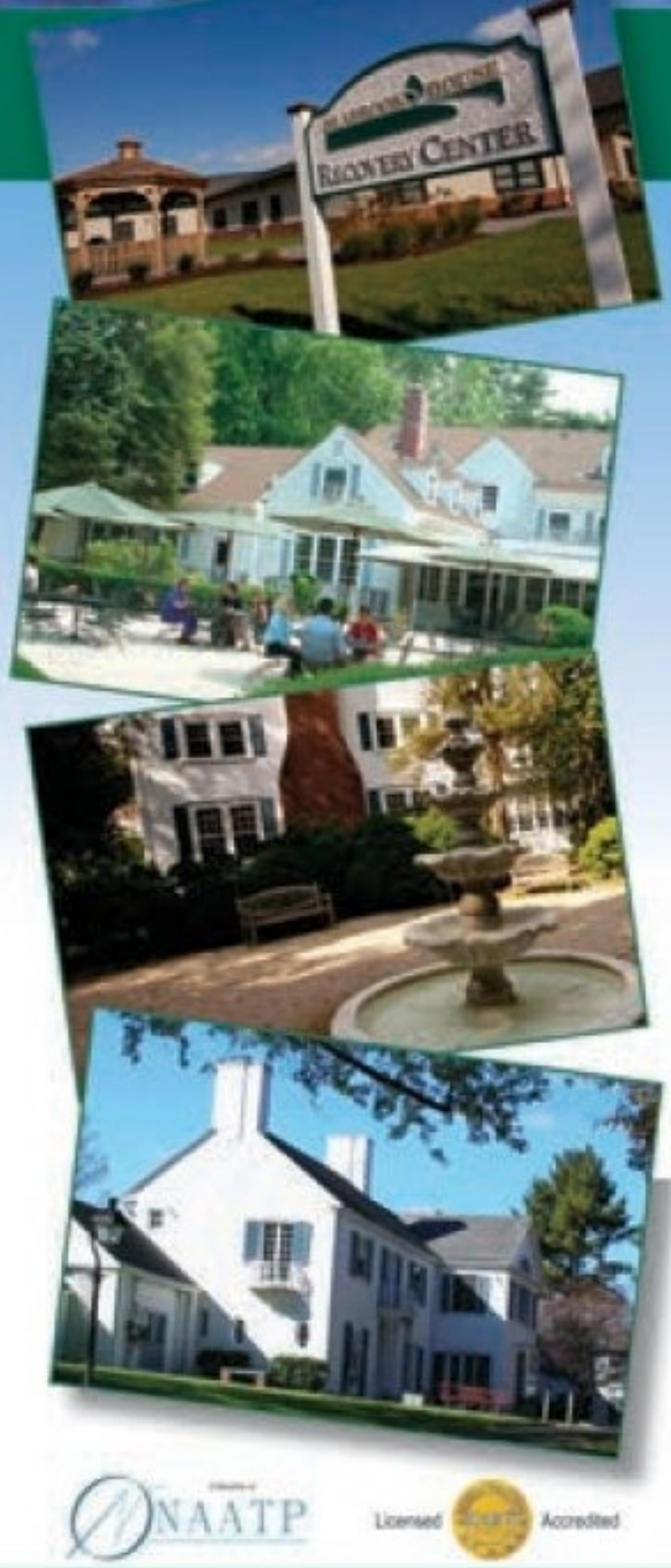

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